

HEALTH EDU NOTES

GRADE 7 JUNIOR SECONDARY

COMPLETE TEACHING/LEARNING NOTES UPROVED BY KICD

*The PDF Comprises Part of the notes for the named
Subject/Learning Area above.*

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COMPLETE HEALTH EDUCATION
NOTES
FOR JUNIOR SECONDARY
SCHOOLS (GRADE 7)

COMPREHENSIVE AND SIMPLIFIED CBC COMPLETE NOTES
JUNIOR SECONDARY (GRADE 7)

About the book:

Education is a key for a country's development, but it becomes a hindrance when it is unequally distributed. This big problem of disparity in Education system can be solved through technology. Hence it's high time we embrace technology in Education sooner than later.

Teachers will therefore use the book in their laptops to teach and even give students notes to read online after revision.

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Acknowledgment:

We would like to acknowledge K.L.B for using some of their examples and illustration. We would also like to acknowledge K.N.E.C for using their Examiners to prepare some revision questions at the end of each strand/topic.

**BELOW IS A SAMPLE OF THE NOTES FOR
HEALTH EDUCATION GRADE 7**

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1.0: HEALTH AND NUTRITION

1.1 Introduction to Health Education

Introduction

In this substrand, you will learn the meaning and importance of health and health education for healthy living, career opportunities in health education and health education in the community for wellness of self and others.

Activity 1.1

Explaining the meaning of health

Have you ever heard of the statement **your health is your wealth**? Tell your classmate what this means to you.

Study the pictures in figure 1.1 and discuss with your classmates.

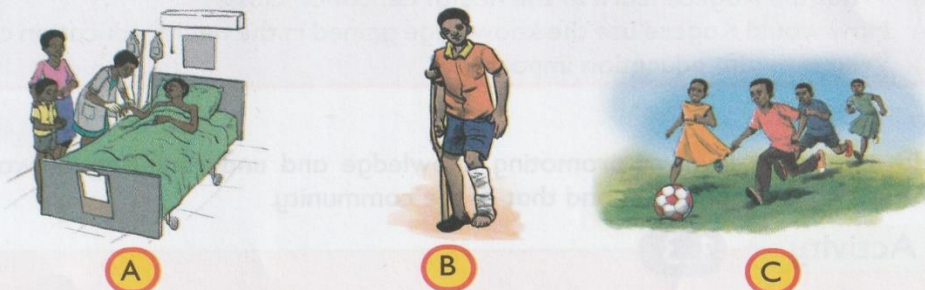


Fig. 1.1: Children in different health situations

Answer the following questions.

- Which picture in figure 1.1 shows healthy children?
- What activities are you able to do when you are healthy?
- Discuss with your classmates what it means to be healthy.

Learning Points

- A healthy person is one who enjoys complete physical, mental and social well being and not just being without disease or injury.
- A healthy person will think clearly, get along well with others, enjoy playing, feel and looks well.
- A healthy person's body functions properly.
- Therefore, according to the World Health Organisation (WHO), health is a state of complete physical, mental and social well being and not merely the absence of disease or injury.

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Activity 1.2

Explaining the meaning of health education

Read the following story

Kagece attended a health education class. She learnt how to promote and maintain a healthy living for personal health and that of the community. She understood how to make decisions on what to eat, when and where to play, how to avoid ill health, what to do when dealing with life events and issues in the environment that affect health.



In pairs

Answer the following questions:

- (a) What did Kagece learn in the health education class?
- (b) How would Kagece use the knowledge gained in the health education class?
- (c) Why is health education important?

Learning Points

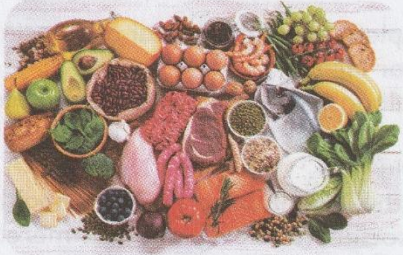

Health education involves promoting knowledge and understanding of ways of maintaining personal health and that of the community.

Activity 1.3

Outlining the importance of health education for healthy living

Study the pictures in Table 1.1 and answer the questions.

Table 1.1: Some aspects of healthy living.

Importance of health education for healthy living	
<p>What should you consider when choosing food from a menu?</p>  <p>Healthy food is critical for well being.</p>	<p>How does playing promote good health?</p>  <p>Playing promotes good health.</p>

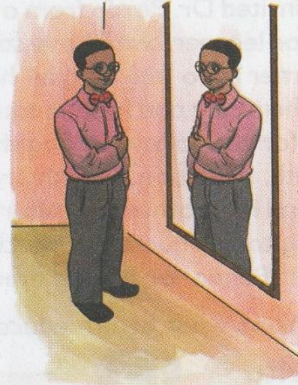
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Why is personal hygiene important?



Personal hygiene is critical for good health.

Why is self-acceptance important?



Self-acceptance is the first step to healthy living.

Learning Points

Health education is important to an individual and the community because:

- Information acquired helps one in decision making about healthy living.
- The skills acquired helps one to deal with life situations more responsibly.
- It promotes health seeking behaviour such as choosing a healthy diet, engaging in physical activities, personal hygiene practices, healthy relationships and building self-esteem.

Activity

1.4

Identifying career opportunities in health education for appropriate choice

Using digital devices connected to the internet or printed materials, search for information on health education related career opportunities.



In groups

Study Figure 1.2 and identify careers related to health education.



Fig 1.2: Career options and opportunities.

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Read the following story

A teacher invited Dr. Pendo from a nearby hospital to talk about career opportunities available for learners who have studied health education. She started by explaining that a learner who has studied health education at Junior Secondary may study Biology, Chemistry and Mathematics or Physics in Senior School as the requirements to qualify for the following health education related careers in higher education: Public health, Nutrition, Health promotion, Medicine, Nursing, Psychology, Clinical Medicine and Physiotherapy. After the presentation, Dr. Pendo gave the learners an opportunity to ask questions which she answered to their satisfaction. The teacher thanked Dr. Pendo for finding time to come and talk to the learners.

From the story, what health education related career opportunities are available?

Activity

1.5

Promoting health education related activities in the community

Study the activities in Figure 1.3



Fig. 1.3: Health education promotion activities.

- Identify health education promotion related activities in Figure 1.3.
- How often should you practise the health education promotion activities shown in Figure 1.3?

Extended learning

With the guidance of your teacher, practise proper hand washing at school.

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Activity

1.6

Embracing health education for wellness of self and others

1. Share what you have learnt about health and health education with members of the school community.
2. Demonstrate proper hand washing to your classmates.
3. Participate in physical activities such as jogging, running, skipping rope and cycling with your schoolmates.



Review Questions

Dr. Pendo gave a talk about career opportunities available for learners who have studied health education.

1. Explain the following terms:
 - (a) Health.
 - (b) Health education.
2. Outline the importance of health education for healthy living.
3. Identify four career opportunities related to health education.
4. Identify two healthy activities carried out in your school.

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1.2 Health Promotion

Introduction

You already know that health is a complete state of mental, physical and social well being, and not merely the absence of disease or injury. In this Substrand, you will learn the meaning of health promotion in relation to healthy living, common health concerns in the community, ways of promoting wellness in individuals and communities, challenges to health promotion and good governance for sustainable health promotion.

Activity 1.7

Explaining the meaning of health promotion in relation to healthy living

Using a digital device connected to the internet or books from the library, find out the meaning of health promotion in relation to healthy living. Discuss your findings with your classmates.

How does health promotion relate to healthy living? Discuss with your classmates.

Learning Points

- Health promotion refers to all activities and campaigns carried out to enlighten people to take charge of and improve their health.
- Health promotion equips people with knowledge, skills and attitudes on ways of maintaining and improving their health.
- It improves health status of individuals, families and the community.
- It improves the quality of life of individuals and the community.
- It helps individuals and communities choose healthy behaviour and make changes that reduce chances of developing chronic diseases and other illnesses.
- It reduces the number of deaths in the community and the nation.

Activity 1.8

Identifying common health concerns in the community for awareness creation

Discuss common health concerns affecting people in your community. List these challenges. Does your list include the following?

- Chronic diseases such as diabetes, cancer, arthritis and HIV and AIDS.
- Infectious diseases such as cholera, corona virus disease (COVID-19), typhoid, malaria and chicken pox.
- Upper respiratory tract infections such as coughing, tonsillitis, tuberculosis and pneumonia.

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- Malnutrition (kwashiorkor, marasmus, overweight and obesity).
- Drug and substance abuse.
- Environmental pollution (air, soil and water).
- Accidents and injuries (falls, cuts, burns, scalds, choking, drowning, road accidents)
- Mental illnesses (stress, depression and anxiety).
- Teenage pregnancies.
- Sexually transmitted infections (STIs) such as syphilis, gonorrhoea, HIV and AIDS.
- Female genital mutilation(FGM).




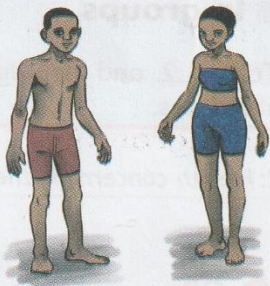
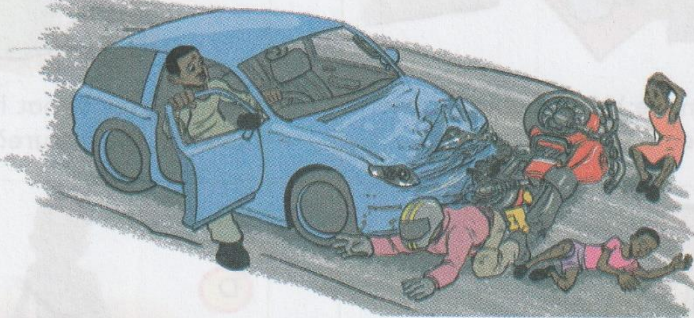
In groups

Study Table 1.2. and identify the health concerns represented by each picture and make notes.

Table 1.2: Health concerns in the community

<p>A</p>  <p>Do not smoke: What health concern is addressed by this picture?</p>	<p>B</p>  <p>Do not litter: What health concern is shown in the picture?</p>
<p>C</p>  <p>Obesity: What health concern causes this condition?</p>	<p>D</p>  <p>Child with marasmus: What causes this unhealthy condition?</p>

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<p>E</p>  <p>Child with Kwashiorkor: What health concern causes this condition?</p>	<p>F</p>  <p>Child doing physical exercise: What health concern is prevented by this activity?</p>
<p>G</p>  <p>Hand washing: What health concern is addressed by this activity?</p>	<p>H</p>  <p>Young people in their puberty: What health concerns are experienced during this stage?</p>
<p>J</p>  <p>Motorbike accident: What health concern is shown in the picture?</p>	

Activity 1.9

Determining ways of promoting wellness in individuals and community

Using a digital device connected to the internet or books in the library, find out ways of promoting wellness in individuals and the community. Make notes and share with your classmates.

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Learning Points

Ways of promoting wellness in individuals and the community include:

- Eating a healthy diet consisting of fruits, vegetables, proteins, carbohydrates and fats or oils in the right proportion.
- Use of clean and safe water which has been boiled or treated.
- Plenty of physical exercises.
- Hygiene practices (personal and environmental hygiene).
- Enough rest (sufficient sleep and relaxation).

Activity

1.10

Identifying challenges to health promotion in the community



In groups

Discuss and make notes on challenges that may hinder health promotion in your community.

Does your list include the following?

1. Food preferences based on taste, flavour and colour.
2. Inability to afford a balanced diet.
3. Religious beliefs and doctrines that teach against some healthy practices.
4. Not creating time or lack of interest in physical activity.
5. Cultural beliefs and traditions that hinder promotion of health and wellness.
6. High levels of illiteracy, myths and misconceptions that make it difficult to communicate effectively to the targeted community.
7. Poor infrastructure that restricts access to communities.

Activity

1.11

Exploring the value of good governance for sustainable health promotion



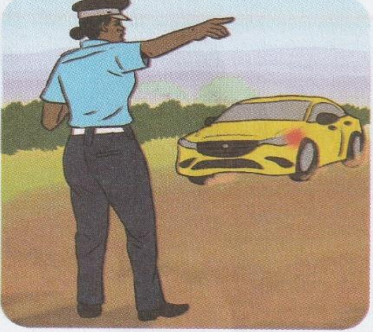
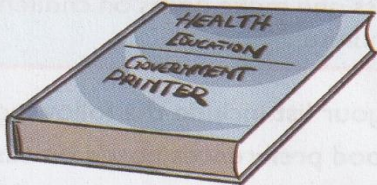
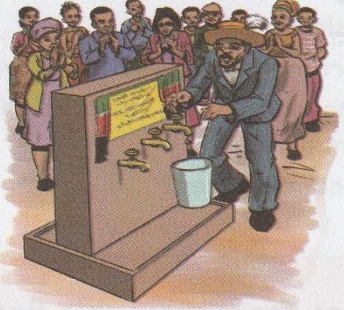



In groups

Study Table 1.3 and discuss the value of good governance for sustainable health promotion. Make notes.

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Table 1.3: Role of public institutions in health promotion

 <p>A teacher teaching.</p>	 <p>A doctor attending to patients.</p>
 <p>A police woman controlling road traffic.</p>	 <p>Environmental protection policy.</p>
 <p>A leader commissioning a community water project.</p>	 <p>Sensitisation training on environmental protection.</p>

Learning Points

Good governance promotes health in a community by:

- Including health education in schools.
- Training and employing health professionals.
- Availing correct information on health education.

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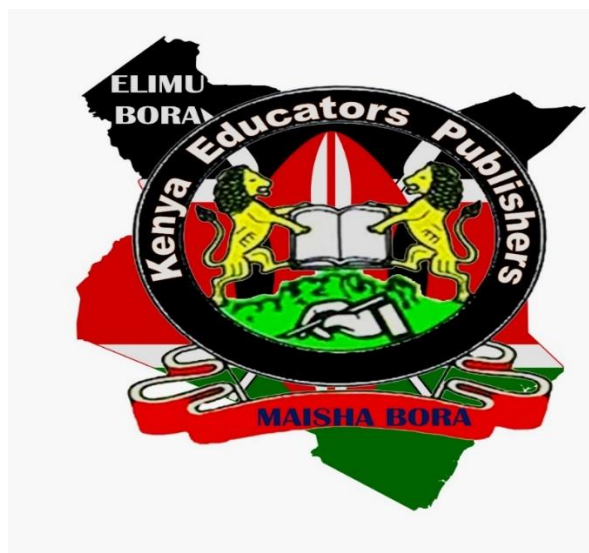
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